

April 2018

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



## Seasoning Your Food the Low Salt Way

The Kentucky Department of Aging and Independent Living oversee the meals provided at the Senior Citizen Centers and all Home Delivered Meals (Meals on Wheels) in the state of Kentucky. We must follow the Older American's Act to make sure we are following Federal Guidelines.

**What does this mean?** It means that meals must be full of nutrients. They must be low in fat, salt, and sugar to maintain good health for all who consume them.

### Our Goal—

We want our Kentucky Seniors to receive a nutritious meal that is healthy. The meals we provide can be consumed by those with heart disease and diabetes. We want to provide meals that not only provides nourishment to your body's but also does not hinder your health by increasing the risk factors associated with heart disease and other chronic diseases and conditions.

Our programs must follow standardized recipes to ensure that your meals are following Federal and State guidelines. You can continue following these guidelines by using the principles that follow.



### Seasoning Your Meals Without Salt

There are many ways to increase flavor in your meals without increasing the salt in your food. You can use spices, herbs, fruits, vegetables and low sodium broths.

Each of these provide a wide array of flavors that can enhance the natural flavoring in the food you are preparing.

Always check the ingredients of your spices to make sure what you are purchasing is in the container. Some-time companies may add cornmeal in the product as a filler. They may also add salt.

## **DIFFERENT SEASONINGS:**

### **Spices**

Spices include allspice, cardamom, cinnamon, cloves, ginger, mace, mustard, nutmeg, paprika, peppercorns, and red pepper.

### **Herbs**

Herbs include anise seed, basil, bay leaves, caraway seed, celery seed, chives, cilantro (coriander leaves), coriander, cumin, dill, fennel seed, marjoram, mint, oregano, parsley, poppy seed, rosemary, sage, savory, sesame seed, tarragon, thyme, and turmeric.

### **Seasoning foods**

Bell peppers – green, red, yellow, hot chili pepper such as Jalapeno pepper, and many other varieties of pepper; carrots, celery, garlic, leek, onion, and shallot are examples of seasonings.

### **Additional seasonings**

Other seasonings include juices: apple, lemon, lime, orange, pineapple; orange and lemon zest; low sodium vegetable stock and low sodium broths.

## **Things to Consider:**

- Fresh herbs should be refrigerated with a shelf life approximately of 4 days
- Dried herbs and spices should be stored in cool, dry location in air tight containers.
- Dry herbs and spices break down when exposed to air, light, and heat.
- Dried herbs and spices have a shelf life 6 months to 1 year.
- Check amount of sodium in herbs and spices.
- Purchase salt-free seasonings and seasonings without added MSG.
- Look to local farmers as an alternative for purchasing fresh produce, such as herbs.
- Start small and increase until flavor desired is reached.
- Use twice as much fresh as dried herb. Use twice as much dried as ground.

**References:** National Food Service Management Institute, The University of Mississippi, P.O. Drawer 188University, MS 38677-0188www.nfsmi.org, ©2009 National Food Service Management Institute The University of Mississippi

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